CANADA'S VERSION OF BREAKING BAD

Except with drug-smuggling Mennonites

metroLIFE

Ottawa metro

Your essential daily news | WEEKEND, JANUARY 6-8, 2017

Why songbirds hate the suburbs

metroSCIENCE

High -10°C/Low -19°C Brrrrrrrr

Clean needles could soon be coming to vending machines in the city metroNEWS

FINANCING

Ottawa tech firm taking resumés

Adam Feibel
Ottawa Business Journal

Klipfolio has kicked off the new year by landing a $12-million series-B financing round that the Ottawa-based company says will help it hire dozens of new employees.

It brings the company's total to-date funding to $19.4 million.

Klipfolio offers a cloud-based software that allows users to build their own business dashboards that display key metrics for their firm. It's doubled its customer base each year since it first received financing in 2014 and now serves more than 7,000 customers globally, up from 4,000 one year ago.

Klipfolio will be looking to carry that momentum into the new year after a "spectacular" 2016, and the new funding will help make that happen, said CEO Allan Wille.

Wille said the company will be investing in three key areas in 2017: Product content and efficiency, ease of use and scalability. The company will be looking to add features to its software while maintaining stability and performance, he said.

"There is a massive number of small- and mid-sized businesses that need help controlling and understanding the metrics that matter most to them," he said. "As we move up, that whole side of the infrastructure is a part that we really need to make sure scales properly."

Klipfolio also plans to increase its headcount. The firm currently employs 68 full-time workers and will be looking to add 40 to 45 new employees this year.

"Hiring will be a big thing for us in 2017 … so that's something that's pretty exciting, and something we definitely want to make sure Ottawa knows about," Mr. Wille added.

Ottawa hotels ready for Canada's 150th metroNEWS

metro NEWS

Your essential daily news

Princess Diana's handwritten letters fetch thousands at auction. **World**

Brewing up interest in Smiths Falls

The team from 4 Degrees Brewing all live in Smith Falls and the business was started to help the community attract tourists and provide jobs. CONTRIBUTED

SOCIAL RESPONSIBILITY

Company set out to revive flagging mall in community

THE BOTTLENECK

Jordan Duff

At the end of 2016, the nearby Town of Smith Falls was expected to lose their local mall, an important retail and community hub. A group of local businesses stepped up to breathe new life into the County Fair Mall.

This included 4 Degrees Brewing Company, who would take over the vacant former Staples space. Breweries are the best.

As co-owner Nick Ritchie explains it: "We loved the chance to support the town, this space and to be allowed to share in the opportunity to save the mall. The former Staples location is a blank canvas waiting for us to move in and build a dynamic brewery, tasting room and retail space."

It's fitting that 4 Degrees Brewing stepped up to help Smith Falls, because community support was always their goal.

The five-person team including Ritchie, Andrew Howard, Joe Adams, Chris Haines and Tim Vadermeer are all from Smith Falls or work there.

In 2012, Ritchie and Howard were discussing over lunch how they could help kick-start jobs and tourism in their hometown. The craft brewing industry in Ontario was taking off at the time and the friends were all big fans of the tasty new and adventurous beers being poured across the province.

> **We loved the chance to support the town, this space.**
> Nick Ritchie

They proudly note that, between them, they have 85 years of beer tasting experience... a.k.a. quality control.

Things got serious when the team toured the Big Rig brewing facility in Kanata and was inspired by their support and just how nice they were. 4 Degrees began contract brewing out of Niagara Falls with Chris Jefferies of Taps Brewing Company. In less than a year, they are ready to take the next step to a bricks and mortar brewery.

The brewery name, 4 Degrees, comes from the ownership's team belief that this is the perfect temperature to serve beer: cold enough to be refreshing, but warm enough to allow the carefully crafted flavours to come through.

Currently, 4D offers two brews, True North of 7 and True South of 7. True North of 7 is a German-style Helles Lager and the True South of 7 is a traditional red ale.

Early this year, they will be releasing two new beers through their Home Town Collection: Old Sly's '69 is a 6.9 per cent India Pale Ale that pays homage to the history of the Rideau Canal and Frost & Wood '55 honours a past manufacturing plant. New beers celebrating Smith Falls' history are planned for future release.

Breweries have a long history of community development and 4 Degrees is poised to continue that tradition for Smith Falls.

FOR MORE

Get the scoop on suds
Check out the Local Happenings online this week at www.metronews.ca

TOURISM

New York Times piece features city

Dylan C. Robertson
For Metro | Ottawa

Ottawa's tourist sector is celebrating a glowing New York Times report published Thursday, on the city "emerging from the shadow of Montreal and Toronto."

The paper's 36 Hours in Ottawa report invites visitors to poke around the Château Laurier, sip wine on Sparks Street and get "a consummately Canadian sugar rush" of BeaverTails.

"To get on people's wish lists, you need articles like this," says Jantine Van Kregten, Ottawa Tourism spokeswoman.

"You need concrete examples of why someone would want to go there."

A 2007 Times article with the same title stuck to downtown, but Thursday's story ventures to Hintonburg and Centretown, which Van Kregten says speaks to the city's emerging neighbourhoods.

"The author did a really good job at capturing Ottawa," she said.

"You can piece together a really kick-ass weekend by what the New York Times has shared."

BELMONTE UPHOLSTERING
JANUARY SPECIAL!
PAY TO RECOVER 2 PIECES AND RECOVER DINING SEATS
FREE!!
10% DISCOUNT FOR SENIORS
WHY THROW AWAY QUALITY FURNITURE FOR CHEAP PRODUCTIONS WHEN YOU CAN RECOVER AND RESTYLE TO LOVE IT AGAIN.
COMMERCIAL, RESIDENTIAL & BOATS SPECIALIZING IN ANTIQUES
Free Estimates & Delivery ~ Work Guaranteed ~ 50 Years Experience
613-558-3357

OFFLINE READING
DOWNLOAD METRO'S NEW APP NOW
• LOCAL NEWS • VIEWS
• LIFE • SPORTS
App Store
App Store

Five things to do this weekend

Learn about war and the French capital, go to a wedding exhibition, try your hand at improv or take in a hockey game — there's a lot going on over the weekend.

HALEY RITCHIE METRO

1 Napoleon and Paris

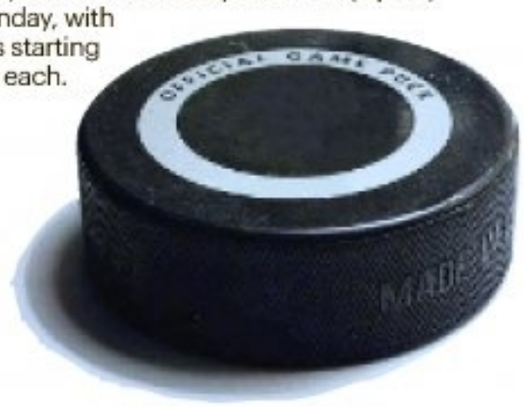
This weekend is your last chance to see Napoleon and Paris at the Museum of Canadian History. Learn about war, ambition and the French capital. The special exhibition runs until Sunday. The museum will also be hosting activities for kids, including model magic snowmen and dance and drum lessons. Admission is $15 for adults.

2 Perth Wedding Show

If you're in the mood for both a drive and wedding planning, head to Perth on Saturday from 11 a.m. to 3 p.m. for the LOVE Wedding Expo. Come meet bakers, DJs, event planners, photographers and more. Admission is $10 to the event at Code's Mill, 17 Wilson Street East.

3 Ottawa 67s

Why not catch a cheap hockey game this weekend at TD Place? The Ottawa 67s are playing the Kingston Frontenacs on Saturday (2 p.m.) and the North Bay Battalion (2 p.m.) on Sunday, with tickets starting at $15 each.



4 Free improv workshop

Was giving improv comedy a try one of your New Year's resolutions? Improv Embassy in downtown Ottawa is offering a free drop-in session workshop at their location 176 Rideau Street. Head there Sunday from 3 p.m. to 4:30 p.m. "to try improv comedy in a fun, supportive environment."

5 Banff Mountain Film Festival

Technically this doesn't count as a weekend activity — but you should buy your tickets this weekend (if there's any left) because Trailhead Paddle Shack's screening of the best outdoor films of the year always sells out. Tickets are $19 each, with a 150-minute showing inside the Bytowne Cinema at 7:30 p.m. on Jan. 9, 10 and 11.

WEATHER

Freeze, thaw makes snow cleanup tricky

Dylan C. Robertson
For Metro | Ottawa

Ottawa's clean-up crews are facing a perfect storm of ice, rain and snow, but councillors say they've done a fine job of clearing the city's streets.

Luc Gagné, the city's manager of road services, says the city has grappled with chilly temperatures that hinder road salt, warmer days that create slush ponds and freezing rain that requires a careful mix of salt and sand.

After removing snowbanks from the downtown core, crews started cross-city clearing Wednesday night, and spent Thursday using plows and backhoes on intersections, bus stops and dead ends.

"The weather can be substantially different in one area of the city from another," Gagné said.

That's no news to Coun. Eli El-Chantiry, whose West Carleton ward faces snow drifts.

> **We'll never get [clean-up] perfect, but they do a good service.**
> Coun. Eli El-Chantiry

"We'll never get [clean-up] perfect, but they do a good service."

Over in the winding streets of Hintonburg, Coun. Jeff Leiper said he heard "no complaints on snow removal this year," even when the city delayed clearing to deal with freezing rain on the downtown bus lines.

Meanwhile, Stittsville Councillor Shad Qadri said the city will have to wait and see whether clean-up has changed since a vote last July to save $2.7 million by changing routes and contracting out services for 2017.

"Those changes have just started; it's a little too early to see."

OUTAGES

Crews work all night to restore power

Power has been restored across the city after outages left some residents in the cold.

Crews were working all Wednesday night to restore power after high winds, heavy snow and encasing ice took their toll on the city's trees and powerlines.

By 10 p.m. around 500 people in the city were going to bed in the dark, according to Hydro Ottawa. By 2 a.m. Thursday the company said only 25 people were left without power.

Two smaller outages in College ward and Kitchissippi ward were fixed quickly Thursday.

Hydro Ottawa spokesperson Rebecca Hickey said around 50 customers may still have outages due to equipment on private property, but more outages caused by the company's equipment is unlikely.

HALEY RITCHIE/METRO

Public Health looking at ways to reduce needle risk

HEALTH

Machines may be used to give addicts access to clean supplies

Haley Ritchie
Metro | Ottawa

Ottawa Public Health is exploring a pilot project that would allow drug users to access clean needles and pipes from a vending machine.

Deputy Medical Officer of Health Vera Etches said the idea goes back to 2013, when OPH hosted a needs assessment with feedback from community groups and police looking at service gaps.

"Most services that distribute supplies so people will use sterile supplies each time and decrease their risk of transmission operate Monday to Friday 8:30 a.m. to 4:30 p.m.," she said. "There's no place for people to access supplies overnight and on weekends."

The vending machines — currently being used in countries like Australia, Germany and France — have been identified as a possible solution.

> **This can be a way of making a new bridge to help people.**
> Vera Etches

In Ottawa the machines might be supplied with things like clean needles, alcohol swabs, water, pipes and filters. Printed information about overdose prevention would also be available.

The main goal of the sterile supplies is to decrease the transmission of diseases like HIV and Hepatitis C. Handing out supplies also allows front-line staff to interact with drug users and provide information about support programs.

Etches said that eliminating the face-to-face contact was a concern, but she said the machines won't replace that service. The machines will likely accept special tokens or a card which will be given out by staff.

"It's a secure feature that only people currently using drugs and accessing services will be able to get the tokens," said Etches.

"This could be a way to make new connections through written material about where people can get other kinds of supports. This can be a way of making a new bridge to help people hopefully decrease their use," she said.

The finer details of the pilot project are still being discussed, but five locations have been suggested, including Centretown Community Health Centre, Somerset West Community Health Centre, Sandy Hill Community Health Centre and an addiction clinic on Montreal Road.

Ottawa has needle-exchange programs, but most are only open during office hours with little service overnight or on weekends. SPENCER PLATT/GETTY IMAGES

POLICE

Training to replace carding

Ryan Tumilty
Metro | Ottawa

Ottawa police officers are training on a system designed to replace the controversial practice of carding.

Supt. Don Sweet said all officers are going through six hours of classroom training plus an additional two hours online that is designed to walk officers through the new rules for street check interactions.

"It talks about biases and why we are not supposed to and we don't condone random checks on people based on a racial profile," he said.

Police across Ontario were prohibited from doing random street checks beginning Jan. 1. Officers will now be required to let people they approach know that they are not obliged to talk to them and issue a receipt of the interaction. Sweet said the training aims to walk officers through the new steps and also includes scenarios to practise with.

SEE CELEBRITY GUEST EXPERT

The **Ottawa Home + Remodelling Show** is the most trusted resource for every home improvement project, inside and out. With big names like **Mike Holmes Jr.**, star of HGTV's *Holmes + Holmes*, plus more than 175 exhibitors and a slew of exciting new features, there's real advice, real inspiration and real experts at every turn. Satisfaction guaranteed – or the price of admission is on us!

SAVE $4 | BUY TICKETS ONLINE PROMO CODE: METRO

*ON REGULAR ADULT ADMISSION

OTTAWAHOMEANDREMODELLINGSHOW.COM

PRODUCED BY EXPO MEDIA PROPERTY OF MARKETPLACE EVENTS

Deaf or hard of hearing?

Looking for a job?

Problems at work due to hearing loss?

CHS can help.

CHS Employment Services provides:

- Career planning
- Resume and cover letter services
- Leads and referrals to potential job interviews
- Interview preparation

Contact us today!

Voice: 613-521-0509
employmentservices@chs.ca

2197 Riverside Drive, Suite 600, Ottawa, ON K1H 7X3

Redeem this coupon for a
***FREE* consultation with Employment Services.**
Contact us or visit our location.
Plus **free** gift for first 40 people to sign up who are Deaf or hard of hearing and are looking for work.

CHS | SCO | CANADIAN HEARING SOCIETY SOCIÉTÉ CANADIENNE DE L'OUÏE
Trusted since 1940 | Partenaire de confiance depuis 1940

EMPLOYMENT ONTARIO

This *Employment Ontario* program is funded by the Ontario government.

Officials want to rename Confederation Station on the O-Train line so that it doesn't get confused with the Confederation Line when it opens in 2018. METRO FILE

New identity in the works

TRANSPORTATION

Confederation Station to get renamed

Erin McCracken
Ottawa Community News

Plans are underway to rename the Trillium O-Train Line's Confederation Station to head off the potential for confusion when the Confederation light-rail transit line opens.

"The name Confederation Station needs to change next year because we have the pending Confederation line — the east-west line — opening in 2018," said River Coun. Riley Brockington, whose ward includes that station.

The busy stop at Heron Road and Bronson Avenue just east of the Airport Parkway was originally named for the Confederation Heights area that is home to a federal government complex that includes Canada Post headquarters, the Sir Leonard Tilley building, which houses the Communications Security Establishment, the Sir Charles E. Tupper building, the formerly named Sir Edward Drake building, which at different points housed the Communications Security Establishment and the CBC's headquarters, as well as the RA Centre and the Revenue Canada Data Centre.

"It's called Confederation because the entire federal government complex in the Heron-Riverside area (is) all called Confederation Heights," Brockington explained. "Confederation Heights was a mouthful so they shrunk it to Confederation."

The station is used by federal government workers as well as by local residents from Heron Park and Riverside Park, and it also serves as a transfer point for many riders heading to and from Carleton University, the councillor said.

Transit stations are often named after the neighbourhoods they are located in.

CANADA 150

Local hotels getting revved for a big year

David Sali
Ottawa Business Journal

As a former general manager of two of Ottawa's largest hotels, Pat Kelly is all too familiar with the peaks and valleys of an industry that tends to boom in the summer when tourists flock to the capital but can be sluggish at other times of the year — especially the dead of a Canadian winter.

But the hotelier-turned-travel consultant doesn't see a lot of down time on the hotel calendar in 2017. With Ottawa being the focal point of many of the nation's glitziest Canada 150 events, local hotels are revving up for what will almost certainly be their busiest year ever, he says.

"I think the (Ottawa 2017 organizers) have done a very good job of spreading activities out throughout the year," said Kelly, a former GM of the Westin and Chateau Laurier who now runs his own firm Pat Kelly Consulting.

Many other industry insiders agree, pointing out that even the traditionally barren month of March will be livened up with events such as the Red Bull Crashed Ice.

That's music to the ears of Chateau Laurier public relations director Deneen Perrin, whose hotel is right next door and stands to benefit in a major way from that and a host of other activities planned throughout the year.

"Everybody's very pumped, very excited to be part of (the 2017 festivities) — to really put Ottawa on the map and to become the (tourist destination) we know we are and to be able to showcase that to the rest of the world," she says. "We see this as a chance to be a springboard for the future."

NOW HIRING
GREAT CONTACT CENTRE OPPORTUNITIES!

Call Centre Representatives
- Guaranteed hourly wage
- Daily and weekly performance bonuses
- Paid every Friday
- New State of the Art Call Center
- Located in Downtown Ottawa near Gatineau
- Advancement opportunities
- Full time and Part time available
- 20 Full-Time & 10 Part-Time Positions Available

iMARKETING

FLUENT ENGLISH IS A MUST!
Contact Keith O'Connell
Phone: 1-800-210-8579 ext. 291
Email: keith.oconnell@imkgp.com

EXCLUSIVELY OURS
CLARINS
Mademoiselle Gift

FREE: Choose one of three Mademoiselle gift collections that best represents your style with the purchase of two CLARINS products, one of which is skin care.
A VALUE OF UP TO $108*
January 4 to January 15, 2017.

Choose your gift:
Urban (shown), Glamour or Natural

Get more:
Receive a full-size 20 mL Eye Contour Gel, free with the purchase of one additional CLARINS skin care product.

SAVE $20
HUDSON'S BAY
Wednesday, January 4 to Sunday, January 8, 2017
HUDSON'S BAY CREDIT BONUS
Receive a $20 Savings Card with any CLARINS purchase of $75 or more when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.** *Exclusively ours*

HUDSON'S BAY

FREE SHIPPING AT THEBAY.COM ON BEAUTY ORDERS OF $45 OR MORE‡

Savings for all offers are off our regular prices, unless otherwise specified. *One gift to a customer, while quantities last. Values are based on our per mL and/or g price for regular-sized products. Skin care products include all face, body, sun and Clarins men's products. Also available at thebay.com. **Before taxes. While quantities last. Redeemable on your next purchase of $100 or more before taxes when you use your Hudson's Bay MasterCard or Hudson's Bay Credit Card between January 4 and January 15, 2017. Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. Hudson's Bay, Hudson's Bay Credit, Hudson's Bay Rewards, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. ‡**FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $45 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only.

Refusing widow entry to Canada 'out of line'

IMMIGRATION

Family shocked by reference in applicant's file

For 18 months, Christopher Campbell-Durufle has been trying to convince immigration officials that his mother-in-law in Colombia is a legitimate traveller with no intent to overstay her welcome in Canada.

Since 2015 the Toronto man has made three failed attempts to help Ofelia Chavez Ruiz obtain a visitor visa to see him and his wife but could not figure out the reasons for the rejections, which occurred despite documentation showing the 76-year-old woman's strong ties to her homeland.

However, Campbell-Durufle said a recent response from Immigration, Refugees and Citizenship Canada to an MP on his family's behalf might have explained the real reason for the decisions.

Carolina Delgado, left, her mother Ofelia Chavez Ruiz, and husband Christopher Campbell-Durufle. They hope Delgado's mother arrives in Canada in time to see the birth of their first child. TORSTAR NEWS SERVICE

"In the case that interests you, a note to our electronic file indicates that the applicant is a widow and that she was unable to convince the officers of the visa office in Bogota that she was firmly established in her country," the department noted in an email to NDP Thomas Mulcair, who had inquired on the family's behalf.

In previous rejection letters, officials had only cited the woman's lack of travel history, wealth and a purpose for the visit, as well as her ties to Canada through her daughter, as reasons for the refusals.

Campbell-Durufle, a University of Toronto PhD student in international law, said he was shocked by the "widow" reference in his mother-in-law's file.

"No one could tell us what they wanted. We had given them all the information, notarized documents and statements trying to meet their criteria in good faith. The last application we presented had 186 pages of proofs," lamented Campbell-Durufle.

"But we couldn't do anything about the fact my mother-in-law is a widow. Does it mean that all widows and widowers can't travel to Canada?"

Marital status is not among the listed reasons in the Immigration Department's form rejection letter.

After Torstar inquired into the matter, officials said the Canadian visa post in Bogota has advised Chavez Ruiz this week to submit a new application and promised she will be issued a three-month visitor visa.

"Visa applications are considered on a case-by-case basis on the specific facts presented by the applicant in each case," noted Immigration, Refugees and Citizenship Canada spokeswoman Nancy Chan. "The department does not discriminate based on the relationship status of an individual." TORSTAR NEWS SERVICE

TURKEY

Canadian arrested for 'insulting' Erdogan

Ece Heper CONTRIBUTED

A Canadian woman has been arrested in Turkey for allegedly insulting the country's president in comments posted on Facebook, her Turkish lawyer said Thursday.

Ece Heper, 50, was arrested in the city of Kars in northeastern Turkey, and charged on Dec. 30, Sertac Celikkaleli said.

Heper, a dual Canadian-Turkish citizen, had been in the country since mid-November, according to her friends.

"She is intense and opinionated, for sure," Birgitta Pavic said from her Toronto home.

At issue, her friends and lawyer said, are several recent Facebook posts about President Recep Tayyip Erdogan.

In one posted on Dec. 28, Heper accused Erdogan of jailing journalists who suggest there is evidence Turkey is supporting Daesh.

Global Affairs Canada said they are aware of a Canadian citizen detained in Turkey and are providing consular assistance, but wouldn't divulge further information. THE CANADIAN PRESS

NOVA SCOTIA

Ex-soldier changed after Afghanistan tour: Friends

A clearer picture is emerging of the former soldier involved in an apparent murder-suicide in Nova Scotia, with his own words on social media revealing a man struggling with PTSD who was trying to get his life back.

Lionel Desmond, 33, was found dead Tuesday in a home in Upper Big Tracadie from what appeared to be a self-inflicted gunshot wound, RCMP say. His wife Shanna Desmond, 31, their 10-year-old daughter Aaliyah and his mother Brenda Desmond, 52, also died of apparent gunshot wounds. Friends and family say Desmond was a kind person, who changed after a tour in Afghanistan in 2007. THE CANADIAN PRESS

Made in small batches in Parma Italy, Authentica World Cuisine represents traditional regional recipes handed down from one generation to the next. Drawing from the purest, all natural ingredients, our unique pasta sauces deliver exceptional taste and quality.

Visit authenticaworldcuisine.com for more information and recipes.

WORLD Authentica CUISINE TMMD

Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

Protesters rally against Donald Trump outside of Trump Tower in New York on Nov. 3. AFP/GETTY IMAGES

The Women's March: A chance to speak up

Those who've signed on have agreed to fight for equality and inclusivity — and to stand united

ROSEMARY WESTWOOD
From the U.S.

Here's your motto for 2017, courtesy of the columnist Connie Schultz: "Your voice matters, but only if you use it."

Thus, hundreds of thousands marching in Washington and 47 U.S. states, never mind around the world, is a perfect start to the era of Trump. A critical, powerful first step to make dissenting voices heard.

And yet the Women's March on Washington — a movement set for Jan. 21 to defend the rights of women, LGBTQ, Muslims and all faiths, racialized people, and all people — has already been deemed useless by some.

Feminists are "making Trump's threat about themselves," argued Shikha Dalmia in The Week. Trump and his Republican-controlled capital aren't actually a threat to women. It's just feminists getting hysterical, and responding with "a confused and pointless march," she writes.

Leaving aside the worn-out misogyny of arguing that the women's movement is a shriek-fest, this kind of put-down — that the march isn't focused, that it has no clear purpose, that it's making a fuss that won't help — is the kind of pre-packaged criticism you could throw at any movement, of any era, at any time.

Those who've signed on have in fact agreed to something: They've agreed to fight for equality, inclusivity, and to stand united against threats that will inevitably hit the most marginalized, first. And most importantly, they've agreed to be vocal about it.

The Women's March is a crucial first step in igniting widespread left-wing activism across the U.S. It is an opportunity to galvanize action that will need to be sustained for years. It's a reminder to Republicans — who lost the popular vote, who gerrymandered and vote-suppressed their way into federal and state victories, despite the fact that the U.S. is generally become more left-leaning — that they have the entire rest of the country to answer to. Not just their voters.

The march defends women's reproductive rights and health care, and women's dignity in the face of Trumpian hyper-masculinity and its portrayal of women as "nasty." It rejects white supremacist sentiment. It stands up for women impacted by government policies that increase poverty.

The sister marches in nearly all states also take the battle for women's rights, civil rights, religious freedom and progressive values to where they are deeply needed: at the state level.

Collective activism, widespread in scale and purpose, is the only thing that stands a chance of mitigating damage in the next four years. The march is only the beginning.

GLOBAL DIGEST

UNITED KINGDOM

Harry 'constantly in trouble,' Princess Diana letter says

Letters sent by Britain's late Princess Diana — including one in which she described a young Prince Harry as being "constantly in trouble" while at boarding school — sold for thousands of pounds at an auction Thursday.

The six handwritten notes were sent to Cyril Dickman, a former head steward at Buckingham Palace, during the 1980s and 1990s.

THE ASSOCIATED PRESS

IRAQ

Attacks in Baghdad kill 27

Several attacks in and around Baghdad, including a suicide car bombing in a busy commercial area after nightfall on Thursday, killed at least 27 people in a particularly brutal day in the Iraqi capital.

The suicide bomber, who targeted shops and food stands near a bus station in the city's busy Bab al-Muadam area, killed 11, a police officer said. He says the bombing also wounded at least 22 people. Earlier in the day, bombings elsewhere in and around Baghdad killed at least 16 people and wounded dozens, officials said.

THE ASSOCIATED PRESS

UNITED STATES

Hate-crime charges filed in Chicago attack on mentally disabled man

Four black people were charged with hate crimes Thursday in connection with a video broadcast live on Facebook that showed a mentally disabled white man being beaten and taunted, threatened with a knife and forced to drink from a toilet.

The assault went on for hours, until Chicago police found the disoriented victim walking along a street. The suspects can be heard on the video using profanities against white people and Donald Trump. THE ASSOCIATED PRESS

EVERYTHING
Under the Sun
EVENT!
NEW ALL IN PRICING!
SAVE
UP TO 40%†

transat

SUN PACKAGES

Flights, transfers & 7 night all inclusive resort · Taxes & fees included

Varadero
$779
Villa Tortuga 3★
February 4 & 11

Cayo Santa Maria
$989
Valentin Perla Blanca 4 1/2★
January 27

Cayo Coco
$1139
Meliá Jardines del Rey 4★
March 16 & 23

Puerto Plata
$1199
VH Gran Ventana Beach Resort 4 1/2★
February 3 & 10

Riviera Maya
$1549
Grand Bahia Principe Coba 4 1/2★
Jr Suite Sup Royal Golden
Jan 31 & Feb 7

Varadero
$1579
Meliá Peninsula Varadero 4 1/2★
Junior Suite Elegance Club
March 4

Punta Cana
$1649
Grand Bahia Principe Turquesa 4 1/2★
February 1

Riviera Maya
$1699
Grand Sirenis Mayan Beach Hotel & Spa 4 1/2★
March 4 & 7

FLORIDA PACKAGE

Flights, car* & hotel
Taxes & fees included
Orlando
$979
Holiday Inn and Suite across from Universal Orlando 4★
7 night · March 2

Visit transat.com or contact your travel agent for more great deals.

marlin travel
www.marlintravel.ca
Vacation savings start with AIR MILES® Cash!

†Savings of up to 40% is applicable to Valentin Perla Blanca, for departure January 27, 2017. Savings reflected in advertised price. Everything Under the Sun Event is valid on new bookings from January 6-31, 2017, for travel until April 30, 2017. Flights are from Ottawa via Air Transat in economy class. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated, including applicable taxes & fees. Prices advertised are valid from January 7 to 9, 2017 only. *Hertz full-size car included. Limited seats available at prices indicated: 20 per departure. For full descriptions and terms and conditions refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Quebec (Reg # 754241) with offices at 300 Léo-Parlseau Suite 500, Montreal, QC H2X 4C2. Marlin Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084. BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Transat Distribution Canada Inc. Travel agency fees may apply.

metro SCIENCE

Your essential daily news

Naps power brains: A study of Chinese seniors found getting an hour of shut-eye in the afternoon could slow down age-related memory loss

DECODED by Genna Buck and Andrés Plana

ON THE VERGE OF GREAT SCIENCE

2016 was a standout year. Canadian researchers played a weighty role in observing gravitational waves for the first time, NASA's JUNO spacecraft arrived on Jupiter, and the gene-editing technology CRISPR came into its own. **2017 could be even more exciting. Here's what's on the global science agenda.**

1 The black hole in our backyard

If you think a solar eclipse is the coolest celestial scene we're going to see in 2017, think again. Early this year, scientists are set to take the first-ever snapshot of an event horizon — the "point of no return" — where stuff, like hot gas and dust, gets sucked into a black hole. The black hole in question, Sagittarius A*, is right at the centre of our very own Milky Way galaxy, just 26,000 light-years away. If the predictions of Einstein's theory of general relativity are correct, it should appear as a crescent of bright gases surrounding a dark spot, and the size of the shadow it casts should be very close to current calculations. Talk about the ultimate test.

2 Synthetic blood

Blood transfusions are a miracle of modern medicine. Before the science of blood typing became accurate and reliable in the 20th century, there wasn't much of anything to be done for someone who needed blood. But there's still a perplexing problem —transfusions require an endless supply of healthy human volunteers willing to donate. Soon, that could change. In 2017, a British clinical trial is going to transfuse volunteers with synthetic blood for the first time. Because the blood cells are grown from donated stem cells, it might be more accurately called engineered or lab-grown blood. Whatever we call it, it could revolutionize medical care for people who've suffered from bleeding or bleeding disorders.

3 Planet 9 from outer space

Far, far, away, but in our galaxy, scientists believe there's a large, icy planet on the outer edge of our solar system. It only orbits Earth once every 15,000 years or so. We haven't seen it (just objects orbiting it), but several teams around the world have telescopes trained on the spot they believe Planet 9 may be lurking.

4 A major victory against malaria

2017 may well be remembered as the year we finally tamed one of the greatest killers in human history: Plasmodium, the mosquito-borne parasite that causes malaria. We're getting closer than ever to a malaria vaccine that actually works. And it's made of the malaria parasite itself, just engineered without three key genes that help it invade the liver. The first human trials, published this week in the journal Science Translational Medicine, found the vaccine is safe, doesn't cause too many side effects, and stimulates the body's immune response to malaria. The coolest part? The researchers gave the dummy parasite to patients the same way they'd get the real one: not in a syringe, but through the bite of an infected mosquito. The next steps are to test it on more people and determine how vaccinated patients fare when exposed to the disease.

If the results are good, a vaccine will fight malaria in a way no insecticide, protective gear or bed netting could. Resolution 2018: Kiss malaria goodbye for good.

5 Quantum computers

All modern computing is based on binary code: A series of numbers called "bits" that can be in one of two states: 0 or 1. Because quantum physics is crazy, tiny subatomic particles (like photons, the stuff light is made of) can be in more than one state at the same time (such as up, down, or both). Because of this, quantum computers have the potential to do super-complex calculations today's computers can't handle. Until now, it's been mostly theoretical. But some scientists believe we'll see quantum computers IRL in 2017. Both Google and Microsoft have quantum projects in the works.

FINDINGS
Your week in science

NASA

PLUTO'S PENITENTES
Penitentes: spectacular spires of natural ice, stretching as far as the eye can see, are famously found in the Andes. Now York University researchers say penitentes made of methane and nitrogen are on Pluto, too.

SINGLE IN THE SUBURBS
Find suburbia depressing? It's not just you. When humans invade their forest homes, certain songbirds — including the Pacific wren and Swainson's thrush — flee the area, fail to breed bird babies, and even "divorce" from their long-term mates, says a 10-year study of the Seattle area.

SOUND SMART

TRANS NEPTUNIAN OBJECT

DEFINITION
A **trans-Neptunian object** is any object in our solar system that orbits beyond Neptune. Pluto is one **trans-Neptunian** object out of more than 70,000 that measure at least 100 km across.

USE IT IN A SENTENCE
Deborah is being such a pain that I'd love to stick her on a spaceship and send her to live on a **trans-Neptunian object** on the outer reaches of our solar system.

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

metro Your essential daily news

CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod**

VICE PRESIDENT & EDITOR **Cathrin Bradbury**

EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout**

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Richard Crouse
For Metro Canada

Clouds over Hollywood

Awards season is upon us but with many questions hanging over the movie industry, it's not really time to celebrate. Here are Metro's thoughts on clearing the skies.

Hollywood is facing many questions about its future direction. Metro thinks greater influence and impact from the likes of, left to right, Ava DuVernay, Kristen Stewart and Guillermo Del Toro would go a long way to helping. GETTY IMAGES/THE ASSOCIATED PRESS FILE

It's awards season, a heady time when the movie biz pats itself on the back for a job well done. Tuxedoes are rented, Botox injected by the gallon and hundreds of miles of red carpets unfurled as industry insiders honour the best of the best with statues and speeches.

But is it really a time for celebration? The movie biz had a record-breaking year, raking in north of $11.4 billion on the backs of, as one industry insider said, "a forgetful fish, infighting superheroes and some intergalactic rebels."

But for every Finding Dory, Captain America or Rogue One, which all earned good reviews and audience support, there were dozens of others that acted as public repellent, driving viewers away in droves. Those unsuccessful movies are dark clouds hanging heavy over the Hollywood landscape. Metro has some thoughts on how to clear the skies and ensure smooth sailing until Hollywood runs out of awards to hand out.

Let's spend more time watching imaginative new worlds and ideas brought to life on the screen. Give me more movies from Guillermo Del Toro, Edgar Wright and Andrea Arnold, filmmakers who constantly reinvent our relationship with story and cinema.

Although I'm looking forward to John Wick 2 and Skull Island, let's cut back on the reboots, reimaginings, remakes and films with numbers in their titles.

Let Kristen Stewart do anything she wants. Her death-defying leap from a Young Adult idol to indie star has been inspiring to watch. She digs deeper and deeper with every role, distancing herself from the teeny-bopper image that defined the early part of her career. Her choices are wild and woolly and you don't know what to expect next from her. More please.

No more 'interesting' movies from Will Smith. His over-thinking has done more collateral damage to his once towering career than his last film, Collateral Beauty.

More convulsive belly laughs triggered by thoughtful, interesting jokes please. That means fewer films that mistake politically incorrect "did he really just say that?" jokes for actual humour.

Can we have more reliance on the human touch on screen; directors like Jim Jarmusch, Mira Nair and Barry Jenkins who use instinct and experience to create their art.

Let's have less studio reliance on branding, formula and script algorithms like ScriptBook, ScripThreads and Slated. Successful movie ideas don't come from marketing departments or mathematical analysis, they come from the hearts and minds of interesting storytellers.

"For every Finding Dory, Captain America or Rogue One, which all earned good reviews and audience support, there were dozens that acted as public repellent.

We need more films that pass both the Bechdel Test (does the movie feature a scene where two women discuss something other than a man?) as well as the DuVernay Test (do the African American and other minority characters have fully realized lives or are they just scenery in white stories?) If the answer is yes to either of these questions, you'll have more films that better reflect the world we live in.

Finally, it's time for Hollywood to be truly egalitarian. We need to see an end to white actors cast in non-white roles. It's not knee-jerk political correctness — it's justice for years of whitewashing in Hollywood. Recently in Doctor Strange, Gods of Egypt, Aloha and many others caucasian actors were cast in roles written or conceived for people of colour. Let's stop that in 2017.

MOVIE RATINGS by Richard Crouse

Hidden Figures	★★★★
Silence	★★★★
A Monster Calls	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

STARS' CONCERNED

So, is the silver screen beginning to lose some of its sheen?

The second you put restrictions on art, you're going to see a shape-shift, because you can't restrict expression. Shailene Woodley

I do feel myself looking in other venues than movies. Movies are just a part of what we do now. Peter Sarsgaard

We make films all around the world, and Hollywood pretty much is of some bygone era now. Nicole Kidman

The cinema I grew up with and that I'm making, it's gone. Martin Scorsese

Weaver as an 'unlovable' grandmother

INTERVIEW

Sci-fi queen accepts a new challenge with A Monster Calls

As she portrayed a stern, emotionally reserved British matriarch in her latest film A Monster Calls, sci-fi queen Sigourney Weaver marked a career milestone — her first role as a grandmother.

The 67-year-old actress, famous for her Alien and Ghostbusters films among many others, said she jumped at the chance to be a part of the heart-wrenching fantasy drama directed by J.A. Bayona.

"I thought it was sort of fun," she said of playing a grandmother after a slew of iconic action roles. "It was a pleasure."

A Monster Calls, based on a novel of the same name by Patrick Ness, tells the story of Conor O'Malley, a young boy grappling with the looming death of his sick and rapidly weakening mother, who is played by Felicity Jones.

As Conor struggles with the reality of his mother's deteriorating condition, faces bullies at school, and deals with his long-distance father, he slips into the realm of fantasy. He begins encountering an enormous tree-like monster, voiced by Liam Neeson, who visits him nightly to tell him stories that end up carrying particular significance.

Conor is played by Scottish actor Lewis MacDougall, who was 12 at the time of filming.

Weaver plays Conor's seemingly frigid grandmother, seen as uptight and unfeeling by her grandson, but secretly battling her own emotions. She said she dug into her role by tapping into personal experiences.

"When you participate in a story like this you have to bring a lot of parts of yourself that you don't often use," Weaver said in an interview.

"In my case, I haven't been a grandmother but I'm certainly a mother and I'm a daughter. It was often a heart-rending experience, but at the same time the film is so uplifting."

Weaver noted, however, that it was a challenge playing a character that starts out being quite unlikeable.

Sigourney Weaver plays her first role as a grandmother in A Monster Calls. The 67-year-old actress, famous for her Alien and Ghostusters films, said she jumped at the chance to be a part of the fantasy drama directed by J.A. Bayona. QUIM VIVES/FOCUS FEATURES VIA THE ASSOCIATED PRESS

"Playing someone who is trying so hard to love her family and they find her unlovable was very interesting to me," she said.

"I guess that to me was the challenge of it. To play someone who wanted so much to be of help and to be a support and her help or suggestions are rejected until finally all of that, her whole physical being ... all this armour that she has drops away and she's just this grandmother who is losing her daughter and trying to comfort her grandson."

Helping Weaver navigate her role was the fact that her own mother was English, a handy piece of family heritage that she drew on for the character.

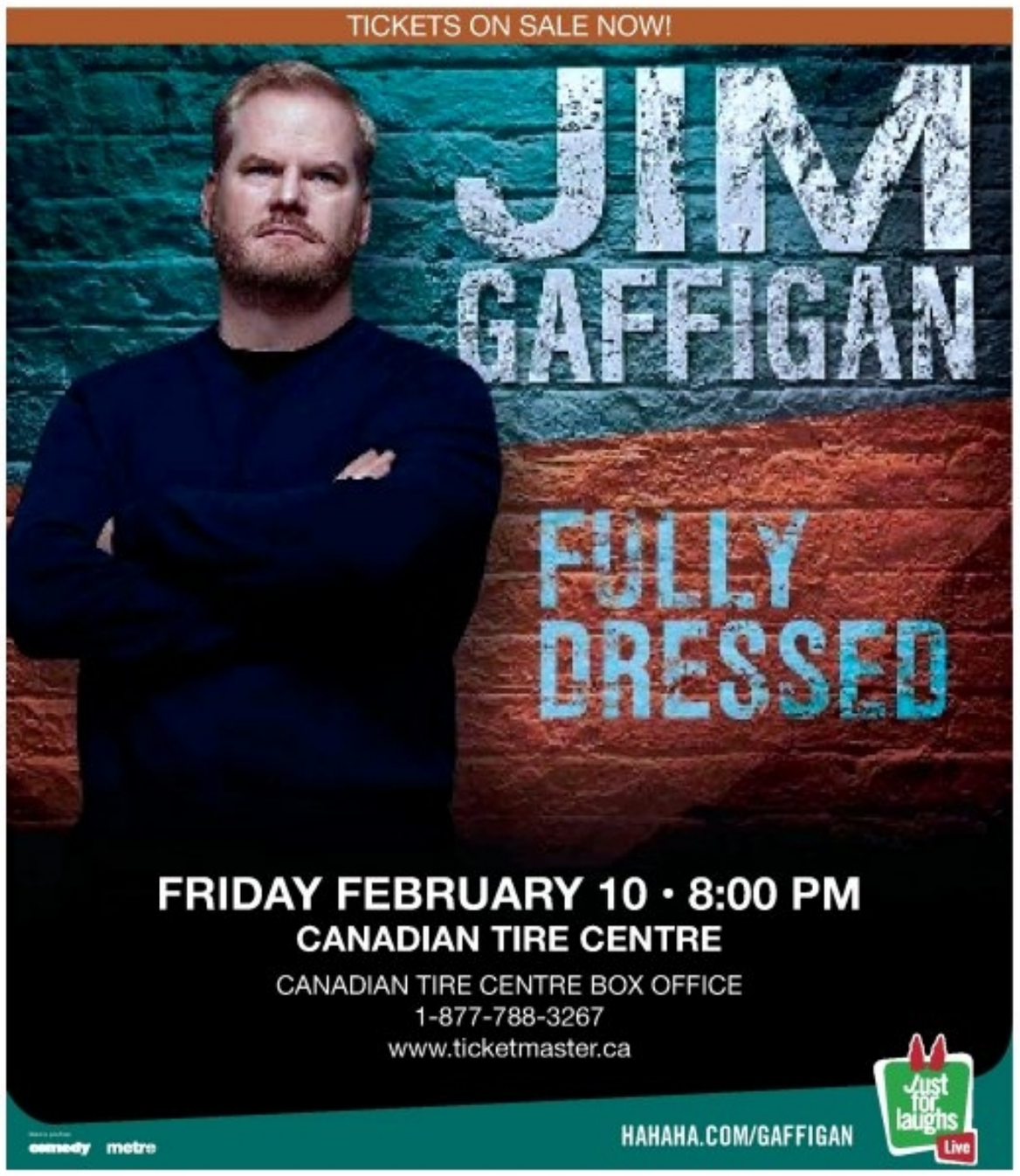
> **It was often a heart-rending experience.**
> Sigourney Weaver

"It's a very familiar accent and a very familiar world to me," she said. "Because my mother was English and they have a kind of formality, I just found that very interesting territory."

While much of the film confronts the issues of loss and using the power of fantasy to grieve, Weaver said the film does have a positive side to it.

"I find the movie very healing," she said. "More healing than it is upsetting in a way."

A Monster Calls opens in theatres on Friday. THE CANADIAN PRESS



DRAMA

Monáe's star no longer hidden

Theodore Melfi's buoyant Hidden Figures is an old-fashioned feel-good movie with powerful contemporary relevance, spearheaded by a trio of unstoppable actresses playing black women who wouldn't be stopped.

Set in 1961 Virginia, the fact-based Hidden Figures, adapted from Margot Lee Shetterly's nonfiction book, is about three peripheral characters at NASA who made important contributions to the space race. Their workplace, at Langley, is segregated (with separate bathrooms and drinking fountains) and the offices are uniformly run by white males in suits.

But the talent and smarts of mathematician Katherine Johnson (Taraji P. Henson), budding engineer Mary Jackson (Janelle Monae) and computer supervisor Dorothy Vaughan (Octavia Spencer) are becoming impossible to ignore. Metaphors are all around. While rockets lift off, the women of Hidden Figures strive for their own upward movement. Arithmetic surrounds them, but they're continuously underestimated.

"That's NASA for you. Fast with rocket ships, slow with advancement," says Kirsten Dunst's manager.

Johnson is pulled out of a pool of computers (human ones, though a room-sized IBM makes a late appearance) and brought into the all-white rocket centre to check the trajectories and calculations of the scientists rushing to match Sputnik and lift John Glenn (Glen Powell) into space. Their leader is Al Harrison (a fine, scene-chewing Kevin Costner), who compassionately responds to Johnson's rise.

Monáe stars as Mary Jackson in Hidden Figures. HOPPER STONE

But Hidden Figures, punctuated by bright original songs by Pharrell Williams (who also collaborated with Hans Zimmer and Benjamin Wallfisch on the score), avoids many of the typical notes of a civil rights drama and keeps its focus on its three indomitable leads and their characters' private lives. Nobody would mistake it for a deeply complicated examination of segregation and no one will wonder if Melfi's film is going to end on a high note.

Instead, Hidden Figures is a straightforward, satisfying tale of triumph, full of warmth and crowd-pleasing scenes that its cast lends spirit and verve to. Henson fierily delivers the film's big, cathartic moment, one that will surely resonate for audiences familiar with her plight. In such scenes, Hidden Figures feels both of the '60s and of now. These are figures that have often been hidden from movie screens, too.

But of the formidable threesome, it's Monae who most stands out. Following her role in Barry Jenkins' Moonlight (whose Mahershala Ali also appears here, captivatingly as a military officer and love interest), the R&B singer has made an altogether arresting big-screen debut this fall. Regal, powerful and tender, she just might be a full-on movie star. The real rocket of Hidden Figures is Monae. THE ASSOCIATED PRESS

A tale of drug-smuggling Mennonites

NEW SERIES

Creator of CBC's Pure had hard time selling his idea

What if Walter White was a Mennonite?

Pure, which premieres Monday on CBC-TV, is based on actual accounts of Mennonites acting as drug mules. Various reports suggest some members were smuggling cocaine and marijuana into Canada all the way from Mexico by hiding drugs in hollowed-out car batteries and wheels of cheese.

Series writer and creator Michael Amo (The Listener) optioned one such magazine article nearly a decade ago but had a hard time selling networks on a Christian sect version of Breaking Bad.

"I couldn't get any traction on it," says Amo, whose Russian-immigrant grandparents were Mennonites. "I found there was a lot of resistance to the notion that this was even real."

Well-publicized busts involving drug mules in Calgary and southwestern Ontario helped open a few eyes, says Amo. Around the same time, so did the success of True Detective and Fargo, two dark dramas that proved there was an appetite for short-run series.

Shaw Media developed Pure for a while "then decided it wasn't for them," says Amo. That's when CBC stepped in, with the series going into production in Nova Scotia this past fall.

Key to the project was finding the right actor to play Noah Funk, the God-fearing head of the Mennonite community.

"Walter White's journey was all about a good man becoming bad," says Amo. "Our story is about a very good man becoming bad in deed, but always remaining good in heart and being tormented by all these transgressions."

Amo found his straight arrow leader in Ryan Robbins, a native of Victoria, B.C. with credits on everything from Arrow to "Continuum and Battlestar Galactica. Clean-shaven and sporting nerdy glasses, a straw hat and suspenders, Robbins looks the part. On the day of a press visit to a hillside location, director Ken Girotti — who helms all six episodes — has Funk take his frustrations out on a cellphone.

Funk's un-Godly dilemma: he must betray a fellow Mennonite in order to rid his community of drug traffickers.

The plan backfires when drug kingpin Eli Voss (Peter Outerbridge) threatens Funk's family if he doesn't look the other way on the smuggling operation.

"He's trying to be true to his God and his family," says Robbins. "He thinks he can do all this and get back to the way things were before. He very quickly finds himself in (trouble)."

Encouraged by Girotti, Outerbridge (Orphan Black, ReGenesis) strives to portray Voss as pure evil.

"We decided I didn't want to have any facial expression," he says. "He should come across as that thing that Mennonite moms told their kids before they go to bed at night: make sure they do well in school or Eli Voss will come and get you."

Funk finds two unlikely allies in trying to bring Voss to justice: a former high school tormentor-turned misfit cop (played by Irish-born Canadian actor A.J. Buckley) and American drug enforcement agency officer Phoebe O'Reilly (Oscar nominee Rosie Perez).

"He's a degenerate, but he's honest about it," says Buckley of his character.

The Pure cast had one big challenge that had nothing with character development, however: making scenes shot in farm fields in Dartmouth in November look like rural Mexico.

"Especially when we're trying to hide the fact we can see our breath," says Robbins, "and the crew's all bundled up like Kenny from South Park." THE CANADIAN PRESS

Pure, which premieres Monday on CBC-TV, is based on actual accounts of Mennonites acting as drug mules. CONTRIBUTED

> **Our story is about a very good man becoming bad in deed, but always remaining good in heart.**
> Michael Amo, Pure series writer and creator

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.

The National Ballet of Canada | Le Ballet national du Canada

"An emotionally rich work of art… exceptional performances."
– Martha Schabas, *The Globe and Mail*

« Une œuvre d'art… riche en émotions et en prestations exceptionnelles. »

Onegin
JAN 19–21 JAN
8 PM / 20 H • Salle Southam Hall
Tickets from / Billets à partir de 25 $

© Sian Richards

NAC DANCE | DANSE CNA

The performances of The National Ballet of Canada at the NAC are made possible with support from Jerry and Joan Lozinski.
Les représentations du Ballet national du Canada au Centre national des Arts sont rendues possibles grâce au soutien de Jerry et Joan Lozinski.

TRINITY
nac-cna.ca | LIVE RUSH | BUZZ EN DIRECT | leDroit | ticketmaster.ca 1-888-991-2787 (ARTS)

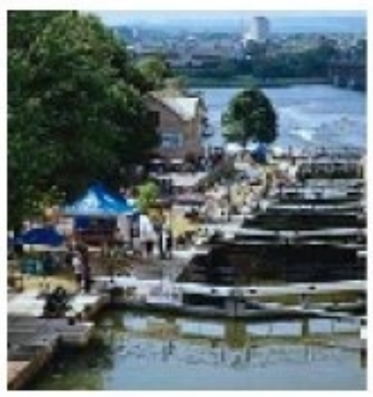
metro TRAVEL

Your essential daily news

Disney's Tower of Terror took its final plunge Monday. It is getting a Marvel makeover.

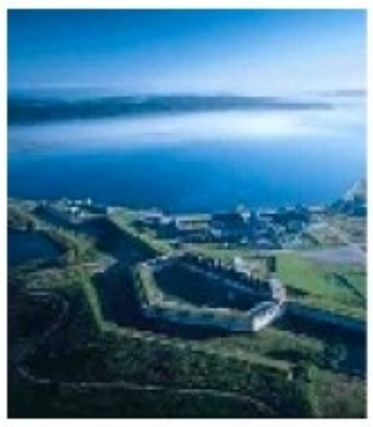
5 PARKS TO VISIT FOR CANADA'S 150TH

Parks Canada is celebrating the country's 150th birthday by offering free admission to every national park, historic site and marine conservation area from coast to coast. To date more than 1.7 million people have gone online to request a Discovery Pass. The pass represents great value for those eager to explore our country. Here are options for every adventure: **LOREN CHRISTIE/FOR METRO**



1 Best value

In addition to free entry, Parks Canada is offering free lockage on any of its historic canals and waterways. A six-metre boat that would cost $700 for a season's pass now costs nothing, making this the summer to ply our waterways including the Rideau Canal, Ontario's only UNESCO World Heritage site.



2 Best historic site

The Fortress of Louisbourg on Nova Scotia's Cape Breton Island is the largest historical re-creation in North America. Dozens of staff dressed as soldiers and townsfolk add the colour to the bricks and mortar of this reconstructed fort. The Discovery Pass will save a family approximately $40 on their entry fees.

THESE SPACES WON'T LAST

There are still fees and capacity restrictions applied to specialty programs and overnight accommodations, including campsites.

The reservations line for the west coast has just opened up with the rest of the country following. Visitors who want to pre-register for specialty programs can contact sites directly in the spring. There's normally no issue, but with the sesquicentennial, record numbers are predicted.

ALL PHOTOS PARKS CANADA

3 Best for exploring

Ontario's Pukaskwa National Park offers almost 100 km of trails to help visitors explore its protected ecosystem, which includes a boreal forest and a vast stretch of shoreline along Lake Superior. My father-in-law, who has camped his whole life, lists the views and sunsets from Pukaskwa as the best in the county.

4 Best to avoid the crowds

Banff and Jasper are the most popular national parks in the West. To avoid crowds consider visiting some of the other majestic Western parks, like Revelstoke or Waterton Lakes National Park, an international peace park shared with the United States. With an exceptional diversity of wildlife and a cozy little waterfront town to serve as a home base, Waterton makes a great alternative.

5 Best hidden gem

Quebec's Mingan Archipelago National Reserve Park lies on the far end of the highway on the north shore of the St Lawrence. It includes some thirty limestone islands, more than a 1000 granitic islets and reefs and an abundance of marine life including whales, dolphins and seals.

OFFER ALSO APPLIES TO
GROUPS
cubanacan
YEAR END
SALE
UP TO
60% OFF
at Bella Costa Hotel in Varadero
Book by January 8
AIR CANADA
VACATIONS
Contact your travel agent • aircanadavacations.com
New bookings only. Select packages and departure dates only for travel from January 1 and completed by April 30, 2017. Subject to availability at time of booking. Subject to change without notice. Offers expire at 11:59 p.m. ET on the date indicated. Flights operated by Air Canada or Air Canada Rouge. For applicable terms and conditions, consult www.aircanadavacations.com. Holder of Quebec permit #702566. TICO registration #50013537. BC registration #32229. ■ *Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC.

Family of lion dancers ready to roar

CHINESE NEW YEAR

Ings kick off Year of Rooster at Spring Festival Parade

After Jun Ing performed as a lion dancer for the first time in Vancouver's Chinese New Year parade in the 1980s, he remembers wishing it had lasted longer.

Ing was dazzled by the crowds that came out to watch the traditional art form, in which costumed performers mimic the movements of lions, as well as the "lucky money" in red envelopes he collected from merchants.

Now decades later, his 17-year-old son, Angus Ing, gets the same thrill from dancing through the streets of the city's vibrant Chinatown every year.

"Initially he was kind of reluctant," said Jun Ing with a chuckle. "But when he saw that a lot of people were interested in lion dancing and the crowds and whatnot, he got inspired by it."

The father is the chief co-ordinator of the annual parade, officially titled the Chinatown Spring Festival Parade, as well as the vice-president of the Chinese Benevolent Association of Vancouver.

This year's parade, kicking off the Year of the Rooster, is set to take place Jan. 29. Featuring multicultural dance troupes, marching bands and martial arts performances, it has become a significant annual event in the city, drawing more than 100,000 spectators last year.

The event also boasts the largest assembly of traditional lion dance teams in Canada. The colourful performers are meant to ward off evil spirits, and they stop at stores along the parade route to retrieve envelopes of cash and bring the businesses good fortune.

Jun Ing said the Hoy Ping Benevolent Association of Canada lion dancer team has performed in the parade for about 10 years. It has become a family affair, with not only Angus Ing taking the reins as the head of one of the lions, but also his 19-year-old sister Alex Ing mastering the drums.

On a recent frigid weekday night, members of the team gathered in the Hoy Ping headquarters to practise. Angus Ing pulled a large ornate silver lion head over his own, while teammate Ricardo Ho crouched behind him, operating the tail.

Hoy Ping Athletic Group members, Angus Ing, front, 17, rolls across the floor as Nick Tim, top, 19, is hoisted by Amen Chan while practicing their lion dance routine for the Chinese New Year Parade, in Vancouver, B.C. THE CANADIAN PRESS/DARRYL DYCK

Using a lever inside the head to blink the eyes, Angus Ing began to embody the intimidating physicality of the animal. To the rhythm of an energetic drum beat, he and Ho confronted and play-fought with a pair of fellow dancers dressed as a glittering gold lion.

Angus Ing said it takes a lot of practice, athleticism and endurance to master lion dancing, but it's also a "lot of fun."

"You also get to spread the culture to the people that don't really understand it," he said. "It also woos them. They've never seen something like that, all the colours and the bright lights, and also the loud noises and the big kicks."

The performance involves impressive acrobatics too, with Ho, a larger-built man in his 30s, often hoisting his younger teammate high into the air.

In fact, Alex Ing, a University of British Columbia student with a keen sense of rhythm, said she decided to pick up the drumsticks in part because she was too afraid of heights to be a lion dancer. THE CANADIAN PRESS

IF YOU GO

A map of the parade route and list of attractions are available on the Chinese Benevolent Association of Vancouver's website: **cbavancouver.ca**

2017 Sale

Hotel Gran Caribe
Palma Real ★★★Plus
Varadero, Cuba
Jan 21, 2017
7 Nights
All Inclusive
Call for savings of up to $100!
$713
Taxes included (AIH)

Ocean Casa del Mar
★★★★Plus
Cayo Santa Maria, Cuba
Jan 27, 2017
7 Nights
All Inclusive
Call for savings of up to $100!
$1046
Taxes included (AIH)

Bel Air Collection Xpu Ha
Riviera Maya ★★★Plus
Riviera Maya, Mexico
Feb 04, 2017
7 Nights
All Inclusive
Call for savings of up to $100!
$1115
Taxes included (SWG)

MSC Opera
Cuba & Caribbean
Cruise Package
Jan 21, 2017
7 Nights - Flight, Cruise, Transfers & Beverages
Call for savings of up to $100!
$1155
Taxes included (SWG)

SellOff vacations.com

Resolution - Travel more in 2017
Sun packages - cruise - Europe & MORE!

613 563 0231
251 Laurier Avenue West

Ottawa departures. The 2017 Sale is a limited time sale. Savings of up to $100* applies to new bookings only. Offer cannot be combined with any other offer or promotion. To qualify for instant savings of up to $100* you must call or visit a store. All above prices are per person based on double occupancy for 7 nights on all-inclusive vacations (unless otherwise specified). All transportation taxes and related fees must be prepaid. Local taxes payable at the destination are extra (if applicable). Promotions are subject to change and can be withdrawn at any time without prior notice. In flight service varies according to flight times. While all reasonable efforts are taken to ensure the accuracy of the information in the ad, SellOffVacations accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations Inc., 27 Fasken Drive, Toronto, Ontario M9W 1K6. TICO Reg. #4276175 British Columbia License #39585 Quebec Permit #702928.

metro SPORTS

"I'm kind of getting the taste of retirement now": Chris Bosh whose NBA career has been in limbo since last February due to blood clots

Rodgers' faith buoys Pack

NFL PLAYOFFS

Green Bay won its last six games to get to postseason

Aaron Rodgers backed up his confidence-boosting "run-the-table" statement with a remarkable six-game run of quarterback play that helped get the Green Bay Packers in the playoffs.

In the locker-room, or on sideline conversations in practice, Rodgers' attitude didn't change. He remained steady, and believed in his teammates whether they were two games under .500 or NFC North champions.

Winners of six straight games, the Packers hope to keep their hot streak going Sunday when they meet the New York Giants in an NFC playoff game.

"The biggest compliment I could give him, he is coming in here every single week and been the same dude," centre Corey Linsley said Wednesday night after practice. "No matter when we were 4-3 or 4-6 or where we are now, he's never changed who he is. I think having that kind of consistency, with your leader is huge."

A strong arm and uncanny knack to extend plays helps a lot, too.

Rodgers has thrown 15 touchdown passes without an interception during the winning streak. In fact, Rodgers hasn't been picked off since Week 10 in a 47-25 loss at Tennessee.

Keep in mind that Rodgers was hurt during much of December, playing with either a sore hamstring or sore calf. Both injuries have subsided, as evidenced by how much Rodgers hurt Detroit last week outside the pocket in a 31-24 win to clinch the NFC North title.

"Inside the pocket he can shred you, he can make all the throws," Giants linebacker Jonathan Casillas said. "To think that such a good passer, you would think they'd get him out of the pocket, damper him, or put some type of uneasiness about him — but no, he's very comfortable outside the pocket."

Rodgers was 23 of 45 for 259 yards, with two touchdowns and two interceptions in the teams' first meeting on Oct. 9, a 23-16 win for Green Bay at Lambeau Field. That was back when the Packers were still trying to find their groove on offence.

Those big-play Packers are back, having scored at least 30 points each of the last four weeks.

But the Giants have changed, too, especially on defence. Just look at how New York flustered the high-octane Washington Redskins in a 19-10 win on the road that eliminated their NFC East foes from playoff contention.

The Giants have the second-best defence in the league, allowing just 17.8 points per game.

"Well, they're playing very good run defence ... and they've got playmakers in their back end," coach Mike McCarthy said about the Giants' improvements since the teams met in Week 5. THE ASSOCIATED PRESS

Packers quarterback Aaron Rodgers scrambles away from Lions defensive tackle A'Shawn Robinson on Sunday in Detroit.
PAUL SANCYA/THE ASSOCIATED PRESS

7.5

The Packers are 7.5-point favourites for Sunday's game.

WILD-CARD SKED

SATURDAY
Raiders at Texans, 4:30 p.m.
Lions at Seahawks, 8 p.m.

SUNDAY
Dolphins at Steelers, 1 p.m.
Giants at Packers, 4:30 p.m.

Edwin Encarnacion
TONY DEJAK/THE ASSOCIATED PRESS

MLB

Edwin all smiles in Cleveland

With his family watching proudly, Edwin Encarnacion stood in front of his new locker inside Cleveland's clubhouse, pulled on a fitted cap and slowly buttoned the front of his white No. 10 jersey.

Once finished, he pointed to the "Indians" logo on his chest and flashed a huge smile as cameras clicked.

It felt seamless.

"He's a perfect fit for our team," Indians president Chris Antonetti said Thursday.

In so many ways.

$25M

The amount the slugger can earn in 2020 if Cleveland exercises an option for that season.

The Indians introduced Encarnacion, a premium player for the middle of their lineup who will boost attendance and maybe help them win the World Series.

One of baseball's most productive hitters over the past five years, Encarnacion finalized a $60-million, three-year contract — the richest in Cleveland history — with a team that got to Game 7 of the Series last season.

Encarnacion, who averaged 39 homers and 110 RBIs over the past five seasons with Toronto, wanted to join a winner and the Indians, with one of the majors' best pitching staffs and a lineup featuring young stars in Francisco Lindor and Jason Kipnis, are positioned to contend for years.

"That's why I came here," he said. "I believe in this team and I know we can win the World Series with the talent that we have." THE ASSOCIATED PRESS

CURLING

Homan on verge of being eliminated

Casey Scheidegger upset Rachel Homan 10-4 in the early afternoon draw Thursday at the Canadian Open.

Scheidegger, from Lethbridge, Alta., pulled even with three points in the fourth end. She tacked on three more points in the fifth end for a lead she wouldn't relinquish.

Homan, a two-time national champion from Ottawa, has lost both games at the triple-knockout Grand Slam event. She will next face Russia's Anna Sidorova on Friday morning.

Rachel Homan
GETTY IMAGES

In men's play, Brad Jacobs of Sault Ste. Marie, Ont., defeated Calgary's Kevin Koe 8-4 and John Morris of Vernon, B.C., dumped American Heath McCormick 9-3.

The playoffs begin Saturday. THE CANADIAN PRESS

TENNIS

Match-fixing resurfaces ahead of Australian Open

Match-fixing in tennis is back on the radar, less than two weeks before the Australian Open.

Victoria state police on Thursday charged an 18-year-old man following an investigation by detectives from the Sporting Integrity Intelligence Unit into allegations of match-fixing at a lower-tier tournament in Traralgon, 160 kilometres southeast of Melbourne, in October. THE ASSOCIATED PRESS

WORLD JUNIORS

Russia runs medal streak to seven

Denis Guryanov scored in overtime as Russia defeated Sweden 2-1 on Thursday in the bronze-medal game at the world junior hockey championship.

Kirill Kaprizov had the lone goal in regulation for Russia. Netminder Ilya Samsonov was brilliant, stopping 38 of 39 shots.

The Russians have now won a medal at the world junior hockey championship for seven consecutive years. Jonathan Dahlen had Sweden's lone goal while goalie Felix Sandstrom made 24 saves.

Sweden has now finished fourth in three consecutive tournaments.

In overtime, Guryanov jumped on a loose puck and put it between Sandstrom's legs just 33 seconds into the extra session. THE CANADIAN PRESS

Go to metronews.ca for coverage of the Canada-U.S. gold-medal game

MAKE IT TONIGHT

Lovely Roasted Vegetable Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fragrant herbs, melted Fontina and roasted vegetables make this flat bread pie a vision of dinner loveliness.

Ready in 35 minutes
Prep time: 15 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 3 mini potatoes
- 1 small beet
- 1/2 yellow zucchini
- 1/3 red onion
- 1 carrot
- 1 or 2 stalks of fresh rosemary
- 2 Tbsp olive oil
- salt and pepper
- flat bread or prepared pizza crust
- 1 1/2 cups grated Fontina cheese

Directions

1. Preheat oven to 400 degrees. Slice vegetables very thinly, particularly potatoes. Place them on a baking sheet. Drizzle with oil, season with rosemary leaves and salt and pepper. Give everything a toss and then spread them out evenly on the sheet.

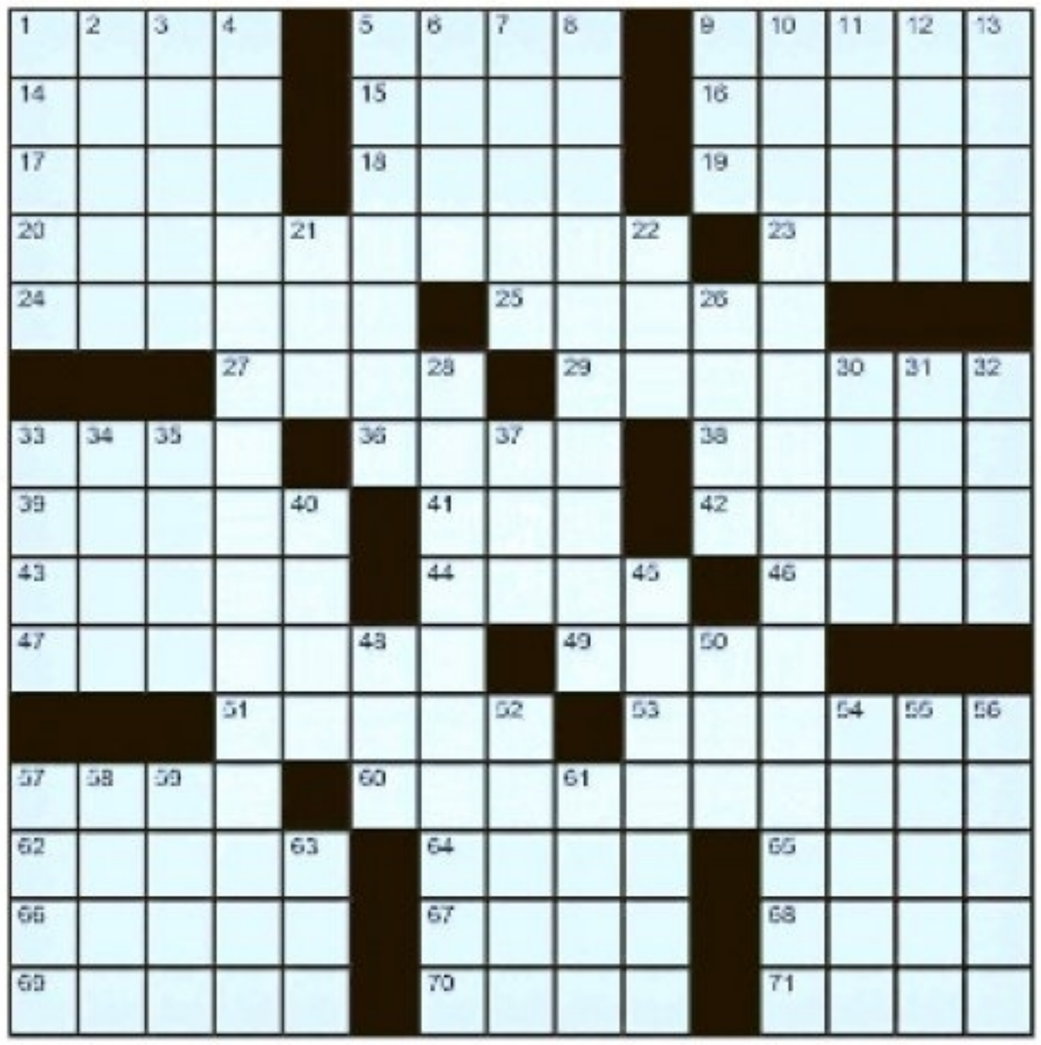
2. Bake for about 15 minutes, until vegetables are tender. Remove from the oven.

3. Place flat bread or pizza crust on another baking sheet. Arrange cooked vegetables, including the rosemary, on top. Sprinkle cheese evenly across. Pop the whole thing back in the oven for 7 or 8 minutes, until the cheese is melted and beginning to brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The __, Jeff Bridges' role in "The Big Lebowski" (1998)
5. Dr.'s scheduled time
9. James Cameron directed movie, "The __" (1989)
14. Cast-__ pan
15. "__ Window" (1954)
16. Hope
17. __-dong!
18. Scotch __
19. White wine of Italy
20. It is Nunavut's southernmost community
23. Staff on a plane
24. Feudal lords
25. Ghost's quarters
27. Ms. Gabor's
29. Justin Bieber album: '__ 2.0'
33. Paul Bunyan's blue ox
36. Brood of pheasants
38. Sia song
39. Once-__ (Quick inspections)
41. Not specialized [abbr.]
42. Seal
43. Illuminated the candle again
44. Actresses Ms. Naldi or Ms. Talbot
46. Traverse the seas
47. City in Spain
49. Cinch
51. Rankle
53. Canadian actress/soprano, Deanna __ (b.1921 - d.2013)
57. Territory
60. Quinoa, blueberries, sweet potatoes and seaweed ...to name just a few
62. Space denizen
64. Drove
65. Type of acid
66. Tropical bean tree
67. Hosp. heart recordings
68. Largest lake of Ethiopia which is the source of the Blue Nile River
69. Disagreeable sorts
70. Tal Bachman's "__ So High"
71. Dutch for 'city'

DOWN
1. "Say that thou __ forsake me..." - Shakespeare
2. Dickensian schemer Mr. Heep
3. Ms. Pescow of "Saturday Night Fever" (1977)
4. Achievement such as the CN Tower: 2 wds.
5. __ breads (Handmade loaves)
6. Ring loudly
7. __ New Guinea
8. Spa specialties
9. Li'l notices in newspapers
10. Alternatives to the Alfalfa ones: 2 wds.
11. 2017
12. Keep
13. Diving duck
21. Mr. Spacey, to pals
22. Shortened amount
26. "__ Here" by Beyonce
28. 'John Hancock', and others
30. Latvia's capital
31. Nero's 57
32. Computer company
33. Villainous group in the 'Star Trek' universe, The __
34. Solemnly affirm
35. Mr. Lugosi
37. Vox populi, vox __
40. Twinkler
45. Bond Girl, Ursula __
48. "__ Boot" (1981)
50. Canadian rocker, Melissa __ der Maur
52. Historical time
54. TV reporter from Kazakhstan in the movies
55. "Let It Go" singer Ms. Menzel
56. Visual arts univ. in Halifax
57. Breath mints, tic __
58. __ Bator, Mongolia
59. Puerto __
61. Knife part
63. Tel. book listings

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might join forces with a boss or someone in a position of authority to introduce reforms and improvements to where you work. Why not run it up the flagpole to see if anyone salutes?

Taurus April 21 - May 21
Do not try to coerce others into agreeing with your politics or your religion today. Everyone is allowed to believe in what they want to believe in, including you.

Gemini May 22 - June 21
This is a poor day to discuss how to share or divide something, especially an inheritance. People are too passionate and too emotional.

Cancer June 22 - July 23
Resist the urge to try to give a makeover to someone close to you. This person will not see your suggestions as improvements. Instead, he or she will hear them as criticisms.

Leo July 24 - Aug. 23
Speak up with your ideas about how to improve your job or work environment. Someone might listen to you today. Who knows?

Virgo Aug. 24 - Sept. 23
Be patient with children today. Meanwhile, lovers will find that this is a passionate, memorable day! Oh yeah.

Libra Sept. 24 - Oct. 23
Family discussions will be intense today. You might want to deflect some of this energy into making repairs to the bathroom or anything to do with laundry, garbage and recycling.

Scorpio Oct. 24 - Nov. 22
Your words are very persuasive today. That's why this is a strong day for those of you who sell, market and write.

Sagittarius Nov. 23 - Dec. 21
Be careful when shopping today, because you might become obsessed with needing to have something. This is not the right frame of mind for spending money.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror today and ask yourself what you can do to improve your image. Why not look your best?

Aquarius Jan. 21 - Feb. 19
Research will reveal secrets today, almost certainly. Deciding what to do with these secrets is your challenge. The most important thing is kindness. Do not harm others.

Pisces
Feb. 20 - March 20
A powerful friend might persuade you to change your goals today. Or perhaps you are the powerful friend persuading someone else. A healthy friendship allows for differences and respects them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					1	8	9	4
	1	4		8			7	
	8		6			5		
		8			9			
	5				3			
3			2	5		6		
1		6			2		5	7
8	7					1	4	
4						2		

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS • LIFE • SPORTS >>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	3	1	5	9	2	6	8	7
8	9	2	1	6	7	4	3	5
7	6	5	3	8	4	1	9	2
6	7	9	2	3	8	5	4	1
2	1	8	4	5	6	9	7	3
5	4	3	7	1	9	8	2	6
1	5	7	9	4	3	2	6	8
3	8	4	6	2	1	7	5	9
9	2	6	8	7	5	3	1	4

$1,800 WEIGHT LOSS GRANT

Do You Have More than 20 lbs to Lose?

Valid For Most Weight Loss Programs

- Apply Now - Acceptance is Guaranteed!

- No Cost or Fee to Apply
- Approval within 48 Hours
- Thousands Paid Monthly!
- Deadline to Apply: January 16th, 2017

www.weightlossgrants.org

Recent Grant Recipients:

Holly Williams, Oshawa, ON, $1800 - Andrea Rewutzsky-Gardin, Brooklin, ON, $1016 - Karina Perez, Mississauga, ON, $1,209 - Sandra Feliz, Newmarket, ON, $980 - Linda Galluccio, Vaughan, ON, $1,631 - Krystina Marolias, East York, ON, $1,328 - Robin Turner, Ajax, ON, $613 - Elisha Lee, Toronto, ON, $731 - Haji Makki, Kleinburg, ON, $980 - Wendy Reardon, Scarborough, ON, $1,585.

Please visit www.weightlossgrants.org for full Guidelines, Terms & Conditions.